



“I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

The rewards of volunteering

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

Making others “feel good”

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



Kim Lehmann
Director of Health &
Fitness Operations

“Life is like riding a bicycle—to keep your balance, you must keep moving.”

– Albert Einstein

Recently, a good friend posed this question:

“Do we live to exercise, or do we exercise to live?”

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

Functional fitness improves ...

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.

Health & Fitness Club

Temperatures are rising, and that means it is time to get outside and play! Boise offers countless outdoor activities everyone can enjoy. Just remember to wear sunscreen and stay hydrated.

Saturday, May 19, 9:30 am - 1 pm

Hike Around Camel's Back Park and Picnic

Wander the trails that wind and twist through the open spaces of the Boise Foothills. Bus loads from the Health & Fitness Club at 9:30 am. Cost is \$5 per person and includes lunch.

Wednesday, May 23, 10:45 am - 2 pm

Wahooz Family Fun Zone and Lunch

We'll *drive* our way over for some miniature golf and lunch in the Wahooz Clubhouse Grill. Bus loads from the Health & Fitness Club at 10:45 am. Cost is \$9 per person and includes miniature golf club and ball. Lunch is on your own.

Fridays, May 25 & June 29, 5:30 - 7:30 pm
Family Swim Night

Bring your family for a fun time with delicious treats for purchase at the Elkhorn Café. Enjoy \$1 off all frappes, frozen yogurt, and smoothies!

**Monday, May 28,
8 am - 3 pm**

Memorial Day

There will be no classes or training today. Club will be open for individual use.

**Saturday, June 9,
9:30 am - 1:30 pm**

Hike Bogus Basin and Sack Lunch

Bus loads from the Health & Fitness Club at 9:30 am. Cost is \$3 per person and includes water. Pack your own lunch.

Saturday, June 30

Bike Ride/Walk on the Greenbelt and Picnic Lunch in Whitewater Park

More details to come!

For any questions or to RSVP for an event, call The Health & Fitness Club front desk at 208-319-5261.



Look what's rolling in

Mark your calendars and be sure to attend this year's Father's Day Weekend Classic Car Show. Join us on **Saturday, June 16, from 10 am to 1 pm** on the lawn near the lake!

The annual show-and-shine event celebrates fathers and their families with classic cars and a barbecue lunch, while also raising funds for the Wyakin Foundation. Last year, the event raised more than \$2,500 for the nonprofit,

which provides educational and professional development programs for severely wounded, injured, or ill post-9/11 veterans. As in the past, proceeds from this year's lunch and ticket sales for the prize drawing will be donated to Wyakin and the veterans they serve.

"The Car Show is a terrific example of how Touchmark enriches people's lives," says Jim Johnston, Life Enrichment/Wellness Director. "This is an ideal event for all generations. It allows families to enjoy our scenic campus, celebrate fathers, and have a fun day while raising funds for a worthy cause."

In addition to looking at the 70-plus classic cars, families will enjoy face painting, a bounce house, balloon artists, fire truck (great for pictures), patrol car from the Meridian Police Department, music, and lunch featuring beef brisket, hamburgers, hot dogs, and complementary dishes. Ice cream and beer will also be available. More information is at TouchmarkMeridian.com/CarShow.



TEAM MEMBER

Spotlight

Name: Edgardo Pagulayan

Position: Building Services

How would you describe yourself?

I am a determined and motivated person. I take my job seriously, but I am able to see things in perspective, and I believe I am quite easy to work with. I am a family man, and I like to work on cars.

Share a bit about your family and growing up.

I came from the Philippines, and I grew up in Manila. Both my parents sold fish in the market to support me and my siblings. I was 17 when I met my wife; she was 19. We have 12 kids.

What are some of the most significant events in your life?

Working on big ships and retirement communities.

How long have you worked at Touchmark?

Two years.

What do you enjoy most about your job?

I really enjoy working together with my coworkers and helping residents.

What Touchmark value do you most closely relate to?

I am a Giver. I am a positive and enthusiastic person who relishes a challenge.

Outside of work what are your favorite ...

Activities: Playing with my kids and grandkids.

Food: Filipino food: Chicken Adobo and anything on white rice.

Movie: Any action movie.

Music: Soft rock, folk songs, and swing music.



Left: We enjoyed our tour of the Idaho Statehouse. Right: The Boise Art Museum offered a fascinating exhibit called Knots in Time by Portland fiber artist Jo Hamilton. From far away, her artwork looks like dripping paint, but upon closer view, she crochets traditional materials, such as yarn, to depict the urban fabric of Portland and its people.



Living the {FULL} Life! Residents and friends from several Touchmark communities traveled together to Arizona. The group visited Sedona and many of the local tourist attractions.

Save the date!

ANNUAL SPRING ART GALA

Thursday, May 3, 6 pm • Grand Lodge

Help us kick off our month-long annual spring art show with this open house and reception. Mingle with artists and art-lovers alike! Enjoy appetizers, wine, and live music by Billy Mitchell, Sally Tibbs, and Kevin Kirk as you admire the works of art.

AN EVENING WITH PRESIDENT THEODORE ROOSEVELT

Monday, May 7, 7 pm • Coeur d'Alene Room

Join us for a performance by Joe Wiegand, the country's leading Theodore Roosevelt re-enactor, as he brings history to life. This show is a not-to-be missed opportunity to learn more about Roosevelt's life—from his early days to his presidency and beyond.

KENTON WEAVER AND THE RAT PACK

Saturday, May 12, 2 pm • Grand Lodge lawn

Direct from Las Vegas! Kenton Weaver returns to Touchmark with a tribute to Frank Sinatra, the Rat Pack, and many other Vegas favorites! Kenton's voice embodies clarity so true, a style so versatile, and a range so dynamic, it will knock you off your feet!

OUTING TO MINI JOYS

Tuesday, June 12, bus leaves 11 am

Mini Joys uses miniature horses to bring joy, hope, and healing to people facing physical, mental, and emotional challenges. Join us for a visit to the Mini Joys ranch, followed by a picnic lunch.

ROB VERDI AND HIS SAXOPHONES

Thursday, June 14, 2 pm • Coeur d'Alene Room

Our favorite Disneyland sax player returns! Saxophobia brings to the stage Rob Verdi's rare collection of the most unusual, authentic saxophones ever manufactured. Celebrating the contributions of legendary artists and the songs they popularized, Rob and his world-class rhythm trio take you on a melodic voyage through the saxophone's distinctive history.

[View our {FULL} Life calendar online for a complete list of events: TouchmarkMeridian.com](http://TouchmarkMeridian.com)

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